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| 1-13                             | <b>Nutrition Requirements</b> | Part 1 of 1            |
| Authorizing Utah Code: 62a-5-103 | Rule: R539-6-14               | Rights and Protections |
| Approved: 9/9/99                 | Rule Effective:               | Printed: 1/00          |
| Form(s): None                    | Guideline(s): None            |                        |

## POLICY

Each **Person** shall receive training, support, and opportunities to plan, shop for, and prepare a variety of nutritious meals in a safe and sanitary manner, according to personal preference, ability and special diet, as determined by the **Person-Centered Plan**.

## PROCEDURES

1. The **Provider** shall make assurances that **Persons** have nutritious meals.
2. **Providers** of supported living shall develop procedures regarding the nutrition and the right to self-determination of the **Person**.
3. The **Provider** shall develop emergency policies and procedures in the event the **Person's** health becomes threatened.
4. **Community Living Support Providers** shall adhere to the following additional standards:
  - A. **Persons** will be supported in planning menus to meet basic nutritional standards, special diets, food preferences, customs, and appetites of **Persons** receiving services.
  - B. **Persons** shall have access to kitchen privileges, food and ingredients.
5. The kitchen area shall be maintained in a safe and sanitary manner. All food and beverages shall be safe for human consumption and prepared and served in a sanitary manner.